

Stacey Parker

From: Stacey Parker
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Subject: PRESS RELEASE 07/24/14 - Speed and Agility and Strength and Power Camps

PRESS RELEASE



City of Norman
201 West Gray
Norman, Oklahoma 73069

For Immediate Release: July 24, 2014

Contact: Jason Olsen, Recreation Center Supervisor, (405) 292-9703, Jason.Olsen@NormanOK.gov.

SPEED AND AGILITY AND STRENGTH AND POWER CAMPS

The Norman Parks and Recreation Department is proud to announce the 2014 Speed and Agility and Strength and Power Camps presented by Norman Youth Performance. These camps will take place at the Whittier Recreation Center, July 28-30th, with the Speed and Agility camp taking place 10:00 to 12:00 p.m. and the Strength and Power taking place 1:00 to 3:00 p.m. These camps will help young athletes learn foot work to increase speed and agility. Those skills will increase competitiveness and athleticism in whatever sport they choose to play. All camps are coed, and the cost of the camps is only \$55 each.

This camp will be instructed by staff from Norman Youth Performance which is devoted to enhancing performance through a scientifically based practical approach improving strength, conditioning and self-esteem. The instructors from Norman Youth Performance are certified through the National Strength and Conditioning Association (NSCA).

Those wishing to enroll participants in the camp can register in person at the Whittier Recreation Center, 2000 W Brooks Street, or at the Parks and Recreation Department office at 201 West Gray Street. Registration form can also be obtained by visiting www.youthsportsofnorman.com and mailed in.

For more information, please call (405) 292-9703 or visit www.youthsportsofnorman.com for information on all the sports camps that the Norman Parks and Recreation is holding this summer. Questions or comments can also be sent by email to Jason Olsen, Recreation Center Supervisor, at Jason.Olsen@NormanOK.gov.

Other Sports Camps being offered this summer include:

Lacrosse Camp
August 4th-7th, 9am-12pm
Ages 8-14
Cost \$79

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